

# Powerful Strategies to Raise Your Health and Energy

What would you like to change about your current state of health?

This image shows a full page of white paper with horizontal dotted lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

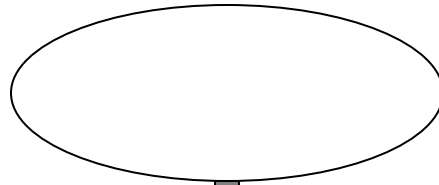
# Brain-Body Diagram

Type of care

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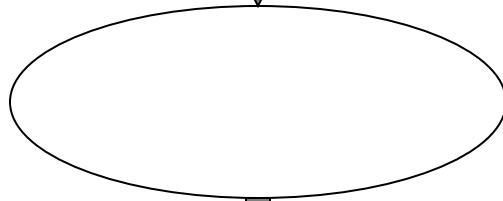
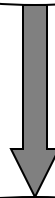
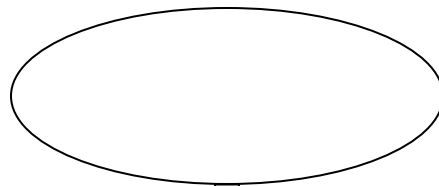
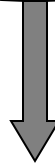
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How the body communicates

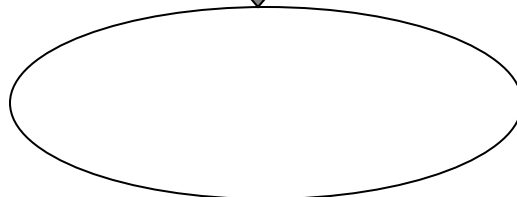
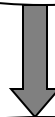
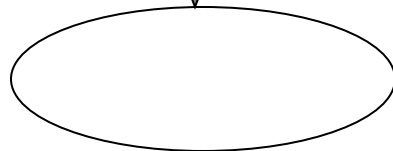
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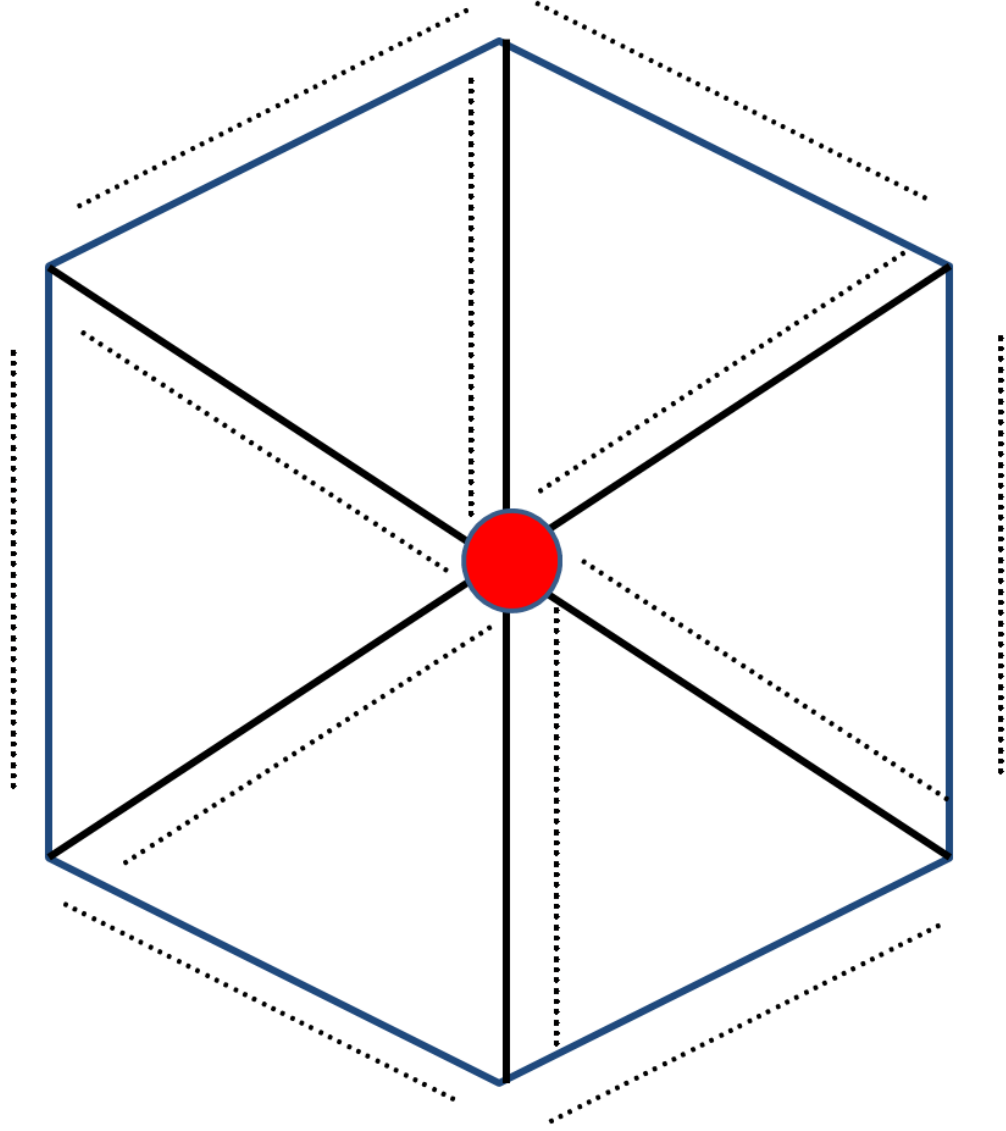


Type of care

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# The Health and Energy Hexagon





# The Essential Pillars of Vibrant Health and Energy

## Workshop Benefits

- Learn how to improve your sleep, lose weight and raise your energy for life
- Discover the root cause of most of your health complaints and take significant steps to resolving them
- You will find out what your unique nutritional requirements are and what foods will best fulfil those requirements
- Discover powerful strategies to significantly improve your immune, digestive and hormonal health
- Learn how to clear your body and your energy field of old emotions, beliefs, and family programming about attitudes and habits of health
- How to use energetic techniques to enhance your health and vitality

## Workshop Details:

3 days;

9am-6pm Saturday 20th March 2010

9am-6pm Sunday 21st March 2010

9am-6pm Saturday 24th April 2010

**Price:** £..... per person

## Bonuses

- Assessment to identify your unique nutritional requirements
- (Metabolic Type assessment) ~~Worth £147~~ **FREE**
- A diet plan of the very foods that will raise your health and energy ~~Worth £27~~ **FREE**
- Current health, energy, diet & lifestyle assessments ~~Worth £97~~ **FREE**
- 7 pre course teleseminars ~~Worth £177~~ **FREE**
- 4 post course teleseminars ~~Worth £147~~ **FREE**
- Surprise bonuses on the workshops sssshhhh! ~~Worth £???~~ **FREE**
- That's a total of over £600 and that's excluding the workshop itself

Our **Full Money Back Guarantee**. If at the end of the workshops you do not feel that the workshop has been worth every penny then we will return your money in full, no questions asked.

**Limited to 20 people only** so places will go fast

## **SPECIAL OFFER PRICE:**

£..... per person.

Available only until .....

Voucher Code:.....